

Montgomery County, MD - Veterans Network Directory

Caregiver Supports

Military and Veteran Spousal and Family Member Supports

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This is a project of the Montgomery County Commission on Veterans Affairs.

To submit an update, add or remove a listing, or request an alternative format, please contact: MCCVA@montgomerycountymd.gov.

Military and Veteran Caregiver Network (MVCN) – American Red Cross

Email: info.mvcn@redcross.org
www.redcross.org/caregivers

The MVCN serves caregivers of all eras, stages of life, and relations, across all locations. Caregivers play a vital role in supporting the recovery, rehabilitation, and reintegration of wounded, ill, and injured military servicemembers and veterans. The people who fill this role include: spouses/partners; parents; siblings; children; family members; friends; and battle buddies. **Caregiver Calendar** provides information & registration for events, webinars, trainings, workshops, educational opportunities, caregiver peer support groups and more. **Hero Care Resource Directory** features over 800 resources for every zip code in America, searchable with military and veteran caregiver filters and updated regularly to reflect the most current services. **Online Peer Support Community** is limited to vetted caregivers via safe, secure technology and features peer-moderated groups, discussions, topics and chats that are accessible via computer and mobile devices. Provides crisis interventions and referrals for caregiver members in distress. The **Peer Mentor Support Program** matches trained mentors with caregiver mentees for one-on-one mentorships. Offers mentees positive models of caregiving, companionship and support by mentors with similar "lived experiences". Trains caregiver mentors in communication skills, accessing resources, and making referrals as well as the role of a peer in crisis. Peer Support Groups (Online and Community-Based) are offered weekly at times convenient for caregivers (including weekends and evenings). Facilitated by trained caregiver peer facilitators and structured to observe confidentiality and offer mutual respect.

U.S. Department of Veterans Affairs Caregiver Support Program

www.caregiver.va.gov

202-745-8000 x 55926 (DC VA Medical Center)
410-605-7000 x 54143 (Baltimore VA Medical Center)

Program of General Caregiver Support Services (PGCSS) provides resources, education and support to caregivers of Veterans. The Veteran does not need to have a service-connected condition, for which the caregiver is needed, and may have served during any era. Caregivers who enroll in PGCSS have access to education and training, including courses at local VA medical centers (VAMCs). In addition, caregivers can participate in support services and take advantage of VA home and community-based care. The **Program of Comprehensive Assistance for Family Caregivers (PCAFC)** offers enhanced clinical support for Family Caregivers of eligible Veterans. Veterans may be eligible for this clinical program if they sustained or aggravated a serious injury or illness in the line of duty in the active military, naval or air service during any service era. Veterans can designate one (1) Primary Family Caregiver and up to two (2) Secondary Family Caregivers on the application. Secondary Family Caregivers serve as a backup support to the Primary Family Caregiver when needed. Services will depend on whether you are the Primary Family Caregiver or a Secondary Family Caregiver. If you are the primary caregiver, you may receive: a monthly stipend (paid directly to you as the caregiver); access to health care insurance through Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA), if you do not already have health insurance; mental health counseling; certain beneficiary travel benefits when traveling with the Veteran to appointments; and at least 30 days of respite care per year, for the Veteran (respite is short term relief for someone else to care for the Veteran while you take a break). If you are the secondary caregiver, you may receive: mental health counseling as it relates to the care of the Veteran; and certain beneficiary travel benefits when traveling with the Veteran to appointments.

VA National Caregiver Support Line

www.caregiver.va.gov/help_landing.asp

1-855-260-3274 (Toll Free)

Licensed social workers will be available to answer your questions, listen to your concerns, and directly link you to the Caregiver Support Coordinator at your local VA Medical Center. Each Caregiver Support Coordinator can locate assistance tailored to your unique situation. For direct services, call the Washington DC VA Medical Center and ask for the Caregiver Support Coordinator in the Social Work Department.

American Widow Project

Email: info@americanwidowproject.org
<http://americanwidowproject.org>

Non-profit organization dedicated to the new generation of those who have lost the heroes of yesterday, today and tomorrow, with an emphasis on healing through sharing stories, tears and laughter... military widow to military widow. Resources, tips, blogs, books, podcasts, poems, songs, newsletters, scholarships and grants, retreats and get-aways, and a 75-minute documentary distributed free of charge to all military widows and widowers.

Blue Star Families – National Capital Region

Julie Riggs, National Capital Region Chapter Director
Email: dc@bluestarfam.org
www.bluestarfam.org/chapters/ncr/

202-630-2583 (V)

Empower military families to thrive by connecting them with their civilian neighbors – both people and organizations – to create strong communities of support. offer a wide variety of programs that enhance family life, help spouses find jobs, provide caregivers with essential peer support, and connect families with their civilian neighbors to build strong communities.

Blue Star Mothers of America, Inc.

Email: president@bluestarmothers.us
www.bluestarmothers.org

Non-profit, non-partisan, non-political, non-sectarian Veterans Service Organization formothers, stepmothers, grandmothers, foster mothers and female legal guardians who have children serving in the military, guard or reserves, or children who are veterans. Send care packages to members of the Armed Forces and hold events honoring veterans, Gold Star Mothers, and Gold Star families.

Campaign for Inclusive Care

<https://campaignforinclusivecare.elizabethdolefoundation.org/>

202-249-7177 (V)

National initiative to integrate caregivers into their veterans healthcare team. Equip and empower care providers, allied health professionals and caregivers alike with the tools and resources needed to work as a team to give veterans the best care experience possible.

Elizabeth Dole Foundation – Relief Respite for Military and Veterans Caregivers

Email: respiterelief@elizabethdolefoundation.org
<https://hiddenheroes.org/find-help/respite/>

Free, short-term relief with the help of in-home care professionals for family caregivers of veterans or service members. The program offers 16 hours of no-cost respite care to qualifying military and veteran caregivers. The service member or veteran does not have to have a disability, injury, or illness connected to their military service to be eligible for the Respite Relief program. Respite relief includes assistance with grocery shopping, meal prep or light housekeeping.

Hidden Heroes

202-249-7170

Email: info@elizabethdolefoundation.org
<https://hiddenheroes.org>

Hidden Heroes brings vital attention to the untold stories of military caregivers and seeks solutions for the tremendous challenges and long-term needs they face. Goals include raising awareness of the issues military caregivers confront every day; inspiring individuals, businesses, communities, and civic, faith and government leaders to take action in supporting military caregivers in their communities; establishing a national registry and encouraging military caregivers to register at HiddenHeroes.org to better connect them to helpful resources and support.

Gold Star Wives of America

200 N. Glebe Road, Suite 425
Arlington, VA 22203
Email: info@goldstarwives.org
www.goldstarwives.org

1-888-751-6350 (Toll Free)

Provide service, support and friendship to the widows and widowers of members of the Armed Forces who died on active duty or as the result of a service-connected disability. Volunteer and visit Department of Veterans Affairs hospitals and military hospitals, and volunteer in local communities. Members assist widows and widowers in understanding and obtaining the benefits provided by Congress. Non-profit 501(C)4 National Military Widow/Widowers Service Organization chartered by the United States Congress.

Keystone Program – Yellow Ribbon Fund, Inc.

7101 Wisconsin Avenue, Suite 800
Bethesda, MD 20814
Email: email@yellowribbonfund.org
www.yellowribbonfund.org

240-223-1180 (V)

The Keystone Program provides transitional services and training to caregivers, at any point in their journey: health and wellness education and events; life skills development and educational opportunities; family retreats; peer-to-peer support and networking.

- **Health & Wellness:** The Keystone Program provides fun, interactive events and activities for mental breaks, fitness and wellness classes to keep caregivers healthy and recharged, and fellowship with other caregivers so they know they are not alone in their journeys. Health and wellness opportunities include: enrichment classes: healthy cooking, exercise & fitness; peer-to-peer mentoring; and monthly activities for self-care and camaraderie.
- **Respite:** Through Keystone Chapters across the country, as well as their National Virtual Chapter, they provide a supportive network and “home base” for caregivers. The Keystone Program provides a variety of ways to stay connected through virtual and live events for caregivers and family members such as: fellowship and encouragement of other caregivers; virtual and live events; supportive network and resources; and caregiver and Family retreats.
- **Career Development Program:** Provides caregivers with the opportunity for a new career in a partnership with Milsपो Academy. Three tracks to choose from: recruiter; business development; and work study.
- **Education:** The Keystone Program offers monthly webinars featuring informative and relevant topics, presented by experts in their field.

Maryland Department of Veterans Affairs (MDVA) – Montgomery County Service Center

David Skisano, Veterans Benefits Specialist II (VBS)
E-mail: davidj.skisano@maryland.gov
Maryland Motor Vehicle Administration Service Center
Maryland Department of Veterans Affairs
15 Metropolitan Grove Road
Gaithersburg, MD 20878

By appointment only.

Phil Munley, Director of Program Services
E-mail: phillip.munley@va.gov
www.veterans.maryland.gov

301-987-8412 (V)
301-987-8496 (FAX)
Contact via email or phone. Please leave a message and he will return the call as soon as possible.

410-230-4444 x 6457 (V)

Veterans Benefits Specialists (VBS) provide assistance to the men and women who served in the Uniformed Services of the United States, their dependents, and survivors in obtaining benefits from the U.S. Department of Veterans Affairs, Department of Defense, State of Maryland and other programs for veterans and their families. Staff are authorized to represent veterans and their dependents before the U.S. Department of Veterans Affairs, as well as provide general information to those seeking assistance, regardless of representation.

Military OneSource

www.militaryonesource.mil

1-800-342-9647 (24/7 Toll Free)

Information on family and recreation, health and relationships, financial and legal, career and education, military life and deployment, and crisis. Offer three kinds of short-term, non-medical counseling to active-duty, Guard, and Reserve service members and their families. Eligible individuals may receive confidential services at no cost. Participate in online webinars, subscribe to monthly e-newsletters, read expertly prepared articles about issues that concern military families, and order or download free CD's, booklets, and DVDs. Offer online Live Chat assistance. Part of the U.S. Department of Defense's Military OneSource network.

Military Spouse Corporate Career Network

Deb Kloeppe, President

636-357-7524 (V)

Email: president@casy-msccn.org

www.militaryspousejobs.org

Non-profit organization whose purpose is to provide unparalleled service in employment so that every military spouse, caregiver, and military family member can have a pathway to a portable career within their chosen career paths. Expand employment opportunities for military spouses & dependents through one-on-one employment placement assistance, focused on the use of gap skills training and targeted resume and interview assistance, LinkedIn optimization, and connections to employer partners in order to create a smoother transition process. Provide no-cost targeted employment assistance, vocational training, and one-on-one job placement services for military spouses, caregivers of war wounded, and military family members. Employment readiness training programs and job placement solutions. MSCCN operates as an employment partner to all branches of the Armed Forces, including the National Guard and Coast Guard, through Memoranda of Understanding (MOUs).

Mission: MilSpouse

Email: hello@missionmilspouse.org

www.missionmilspouse.org

Empower military spouses with resources, including a podcast and a blog, and support them to conquer adversity and thrive. Serve and support those connected to the military, including all military spouses of all branches and all components, mothers, fathers, children, friends, veterans, service members, and military-related nonprofits. 501(c)3 non-profit organization.

National Military Family Association, Inc.

2800 Eisenhower Avenue, Suite 250

703-931-6632 (V)

Alexandria, VA 22314

Email: info@militaryfamily.org

www.militaryfamily.org

Tips for those new to the military and military culture; how to deal with all things deployment - from receiving orders, to saying goodbye, to welcoming home your service members; how to deal with stress and how to get help; spouse education, including the Post-9/11 Bill; children's education issues and child care; and family issues like finances, spouse careers, and moving. Offer military spouse scholarships. The Operation Purple program operates summer camps, leadership camps for teens, family retreats at national parks, and camps geared to address the needs of children and families of our nations wounded service members.

Onward to Opportunity

<https://ivmf.syracuse.edu/programs/career-training/getting-started/>

Free, comprehensive career skills program that provides civilian career training, professional certifications and job placement support to transitioning service members, members of the selected reserves, Veterans, and military spouses. Partner with private sector companies committed to training and hiring military talent and their spouses earlier in the transition process. Offer distance-learning opportunities through the online-only portion of the program. Offered by the Syracuse University Institute for Veterans and Military Families.

Purple Star Veterans and Families

Email: johnhenry@psvf.org
www.psvf.org

Purple Star Veterans program exists to support active duty Servicemembers and Veterans who are struggling in their transition from military to civilian life, and to assist in their reintegration into their families, communities, and the workforce. Provide triage assistance via trained Purple Star Veteran Peer Advisors, who offer short-term mentorship and resources; resources and tools for self-help personal development and transition assistance; a private online community of peers, family members, and other lifeline members; and quality referrals to long-term mentors and mentoring organizations.

Serving Together

Beatriz Mendez, Senior Peer Navigator, bmendez@every-mind.org 301-738-7176 (V)
Khrystin Shanklin, Peer Navigator, kshanklin@Every-Mind.org 1-855-738-7176 (Toll Free)
Destiny Nettles, Program Manager, dnettles@every-mind.org Monday through Friday, 9:00 a.m. to 4:30 p.m.
Christy Kenady, Director, ckenady@every-mind.org
www.servingtogetherproject.org

Offers transitioning service members, Veterans and their families access to a class-leading continuum of providers that run the gamut from superior legal, housing and emergency service providers to employment, recreation and fitness, financial capabilities and more – all designed to provide those who serve, have served, and their families, with a comprehensive service delivery experience.

Silver Spring Vet Center

Wayne Miller, Vet Center Director 301-589-1073 (V)
2900 Linden Lane 202-273-9116 (Bereavement Counseling)
Silver Spring, MD 20910
Email: wayne.miller3@va.gov
www.vetcenter.va.gov/Vet_Center_Services.asp

Hours: Open Monday through Friday 8:00 a.m. to 4:30 p.m.; Closed Saturday, Sunday, and Holidays. Walk-ins are permitted during these hours, but appointments are requested. After hours appointments as needed. Veterans must show proof of service. The center provides benefits counseling and assistance with navigating the VA and paperwork, as well as employment counseling, counseling on PTSD and sub-PTSD, substance abuse counseling, family and marital counseling, psychological counseling related to readjustment, coordination and referral with doctors, employment related issues, assistance with basic needs such as food, shelter and clothing, medical and legal referrals, homeless assistance and will work with Montgomery County to find shelter placement, sexual trauma counseling, community outreach, bereavement counseling, and more. All services are provided at no cost to the veteran and their family. Veterans do not need to be enrolled with the Department of Veteran Affairs Medical Centers to use the Vet Center. Veterans do not need a disability rating or service connection for injuries from either the Department of Veteran Affairs or the Department of Defense, to use the Vet Center. View [Vet Center Eligibility Criteria](#). If you live outside of Montgomery County [view a list of other locations](#) that may be closer to you. **Directions:** The Silver Spring Vet Center is located near the intersection of Seminary Road/Capitol View Avenue. You can also take the #5 Ride On Bus from either the Silver Spring Metro Station or the Twinbrook Metro Station and be dropped off at the Capitol View Avenue stop.

Surviving Deployment

Email: info@survivingdeployment.com
www.survivingdeployment.com

Website features articles, information and tips to support military families going through deployment.

The Steven A. Cohen Military Family Clinic at Easterseals

1420 Spring Street
Silver Spring, MD 20910
Email: info.mfc@eseal.org
www.easterseals.com/DCMDVA/our-programs/cvn-home.html

240-847-7500 (V)

The Steven A. Cohen Military Family Clinic provides high-quality, accessible and integrated mental health care. They focus on client-centered, customized outpatient care for veterans and family members, by removing barriers and creating better access to care. Serves post-9/11 veterans who served in the United States Armed Services, including the National Guard and regardless of role while in uniform, discharge status, or combat experience. Parents, siblings, spouses or partners, children, caretakers, and others. They treat a variety of mental health issues including depression, anxiety, post-traumatic stress, adjustment issues, anger, grief and loss, family issues, transition challenges, relationship problems, and children's behavioral problems.